

MISS POINTS OUT WAY OF BEATING BEEF BARONS

Careful Study of Various Cuts, Their Prices and Nutrimet, Plus Avoidance of Waste, Will Solve Problem

They diddle diddle, The cat and the fiddle, The cow jumped over the moon; The little fish laughed To see the sport The dish ran away with the spoon.

THIS was in the day of the nursery rhymes. At the present time little dogs, and likewise men and women, who have any feeling concerning their future sustenance regard the altitudinous caving of the cow, typified by the rise in the price of beef, with lugubrious sentiments, not unmarked with awe.

The cow seemingly has gone sky-high to stay. Like the lamb and the pig, housewives murmur vaguely, "Something will have to be done about it," knowing well that short of a positive boycott nothing can be done about it, and go out and pay 25 and 40 cents a pound for meat which in the halcyon days was bought for 12 and 15.

Butchers smile tolerantly at the suggestion of a boycott. They know that so long as money is "free and easy," as it has been recently, the American nation is as likely to become vegetarian as it is to become Mormon or cannibalistic. So long as there is meat to be bought and money to buy it we will continue having it on our bills of fare.

But many women whose housekeeping allowance has not been increased, despite the rise in the prices of virtually all food-stuffs, find themselves in the position of having to supply the same amount of meat to their families this year as they did five or ten years ago. And if you can't get blood out of a stone, neither can you get meat out of a penny.

It's all very well to talk about "cutting out meat," but from the very beginning of time man has used animal food and his whole body structure is adapted to it. lean and anemic vegetarians to the contrary notwithstanding.

The whole question, then, resolves itself into the problem of how to face the meat situation without actually giving up flesh food. This, according to an expert who has made a study of the economical use of meat for a long period of years, is done in two ways: First, by a careful study of the various cuts, their prices and the relative quantity of nutriment contained in them; and, secondly, by a meticulous avoidance of waste.

Many women who seriously regard themselves as efficient housekeepers and conservers of the family income are totally ignorant of the difference in the cuts and the fuel value contained in them. They believe that a porterhouse steak at 32 or 35 cents a pound must of necessity be the choicest part of the beef because of its titanic price and established reputation for tenderness. They feel that they cannot use the cheaper cuts because their families will be not so well nourished as if they had bought the more expensive. They believe that just because the price of chuck ribs, for instance, is apparently about the lowest of all beef products it is the most economical to buy, whereas a woman who has really gone into the matter thoroughly knows that that part of the animal actually costs her almost twice as much as she pays for it because virtually half of it is waste.

To those of my readers who are interested in the subject not only of reducing the size of their meat bills, but also in the preparation of the cheaper cuts so as to imbue them with a flavor and tenderness which they believe only possible with the more expensive parts, I will, upon receipt of a stamped, self-addressed envelope, tell them where a pamphlet, prepared by experts, may be obtained free of charge.

M'LISS.

Letters to the Editor of the Woman's Page

Address all communications to M'Liss, care of the Evening Ledger. Write on one side of the paper only.

Dear M'Liss—Kindly publish in your evening paper how a girl not yet of age can get married in Philadelphia. I have a consent, but he is in another town and says he must sign the license, but he is not in Philadelphia to sign, as his work prohibits him. (2) Will a letter to him be signed? DAILY READER.

Your father does not have to sign the license, but if you are not of marriageable age according to the laws of Pennsylvania, you must have his consent. If he does not wish to come to this city he can go before a notary public in his own locality, give his consent there and forward it, accompanied

by the notary's signature, to you. This you will have to present to the Marriage License Bureau in City Hall before you can be married.

Dear M'Liss—Could you inform me where I could secure a copy of Edgar Rice Burroughs' "The Son of Tarzan," now running in your paper? I would like to have a copy of it. I should also like a list of Burroughs' books. PLEASE ANSWER.

You probably mean "The Beasts of Tarzan." For information see yesterday's column.

Request for Baby Clothes

I am in much need of an abdominal belt, medium size. My ordinary waist measure is 28 inches. If any member has baby clothes they have no use for I would be glad to receive them. God bless the donor. MRS. M. X.

We had a hand that might have served your purpose a few weeks back, but it has passed on our keeping. This is a "hurry call" for another, and for any baby clothes that may be no longer useful in the nursery or compassionate heart. We retain your address and send herewith our wishes for speedy and happy relief from physical malaise.

He's Fixing His Den

I am a boy of 13, and should like to furnish myself a den. Have any of your readers studied the art of fixing a den? I cannot afford the money to buy the things, because my father and mother will call or pay postage.

Junior's whose fathers are still alive upon the earth are abjured to lend a sympathetic ear to the tale of this boy's longing. The fellow who takes lively interest in fitting up his "den" at home is less likely to seek diversion and excitement abroad than to return his parents' residence is only a place to eat and sleep in. If another boy can contribute a picture or a pennant—but you fellows know better than I what a good year-old would like to have to make cozy and attractive the room in which he will study and read and live when he is indoors.

For Children's Needs

As my income is small, I do not know how to get things for the children's needs. I read in the Evening Ledger that you have a list of things to give away. I would be most thankful to the kind person if she would give them to me. MRS. A. H.

We dispense so many patches weekly that we are safe in promising a supply for you from mothers who have left-overs from spring dressmaking, cutting down and mending up to suit the stature of growing children. That batch to which you allude left our keeping long ago.

Asks Loan of Go-Cart

My husband has been out of work almost all winter. We have a little boy and girl, 2 years and 4 years old. I am a widow and have no money. I would like to ask you if you could lend me a go-cart for a few days. I would like to take my children to school. MRS. J. P.

Will the Corner carry on the good work so auspiciously begun by us in collecting enough silk pieces to finish the quilt? Bear in mind that, but for us, it would not have been begun and in its present state of forwardness. Having put our hands to the quilt, we must not look back. Do not send parcels to this office, but write for the address of Mrs. J. P. and send direct to her.

To Help Pass Long Hours

On account of ill health I was obliged to leave school. I am a widow and have no money. I would like to ask you if you could lend me a go-cart for a few days. I would like to take my children to school. MRS. J. P.

These stamps were given away before we heard from you. I am a widow and have no money. I would like to ask you if you could lend me a go-cart for a few days. I would like to take my children to school. MRS. J. P.

Typewriter Would Help

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